



Cherry-Glazed Cornish Hens with Sourdough-Cherry Stuffing

READY IN



45 min.

SERVINGS



4

CALORIES



1442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 0.5 cup cherry preserves
- ☐ 5 pound cornish game hens
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free

- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground ginger
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup onion finely chopped
- ☐ 2 teaspoons onion finely chopped
- ☐ 0.3 cup port sweet
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 0.5 teaspoon salt divided
- ☐ 3 cups sourdough bread cubed toasted ()
- ☐ 0.5 cup cherries dried sweet coarsely chopped

Equipment

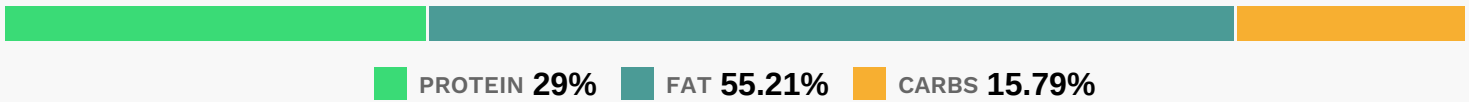
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 47
- ☐ Melt butter in a medium nonstick skillet over medium heat.
- ☐ Add 1/3 cup onion, carrot, celery, and poultry seasoning; cook 7 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add broth and cherries. Bring to a simmer, and cook 2 minutes.
- ☐ Combine vegetable mixture, bread cubes, and 1/4 teaspoon pepper in a large bowl. Stir well to combine; cool completely.

- ☐ Combine 1/4 teaspoon salt, preserves, and next 6 ingredients (through garlic) in a small saucepan over medium heat. Bring to a simmer; cook 10 minutes or until slightly thick, stirring occasionally. Set aside.
- ☐ Remove and discard giblets and necks from hens. Rinse hens under cold water; pat dry.
- ☐ Remove skin; trim excess fat. Working with 1 hen at a time, loosely stuff each hen with about 3/4 cup bread mixture. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under hen. Repeat procedure with remaining hens and bread mixture; place hens, breast sides up, on a broiler pan coated with cooking spray.
- ☐ Sprinkle with remaining 1/4 teaspoon pepper and remaining 1/4 teaspoon salt.
- ☐ Bake at 475 for 15 minutes; remove from oven.
- ☐ Brush hens with preserves mixture; reduce oven temperature to 40
- ☐ Bake an additional 35 minutes or until a thermometer inserted into stuffing registers 165, basting every 10 minutes with preserves mixture.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Remove twine before serving.

Nutrition Facts



Properties

Glycemic Index:98.83, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:38.479999749557%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1441.77kcal (72.09%), Fat: 85.93g (132.2%), Saturated Fat: 25.81g (161.34%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 52.16g (18.97%), Sugar: 30.81g (34.23%), Cholesterol: 587.71mg (195.9%), Sodium: 1068.51mg (46.46%), Alcohol: 2.12g (100%), Alcohol %: 0.35% (100%), Protein: 101.56g (203.11%), Vitamin B3: 33.73mg (168.63%), Selenium: 75.44µg (107.77%), Vitamin B6: 1.78mg (88.89%), Phosphorus: 848.16mg (84.82%), Vitamin B2: 1.12mg (65.99%), Vitamin A: 2714.39IU (54.29%), Zinc: 6.91mg (46.03%), Potassium: 1517.87mg (43.37%), Vitamin B1: 0.59mg (39.53%), Vitamin B5: 3.68mg (36.8%), Iron: 6.33mg (35.18%), Vitamin B12: 2µg (33.27%), Magnesium: 119.4mg (29.85%), Vitamin K: 24.82µg (23.64%), Manganese: 0.41mg (20.47%), Copper: 0.39mg (19.5%), Folate: 56.79µg (14.2%), Vitamin E: 1.94mg (12.93%), Fiber: 3.13g (12.51%), Calcium: 120.95mg (12.1%), Vitamin C: 9.63mg (11.67%)